

v - 124

CAMBRIAN COLLEGE
of Applied Arts and Technology
Sault Ste. Marie

COURSE OUTLINE

PRACTICAL COOKING

FDS 104-6

PRACTICAL COOKING

<u>Topic No.</u>	<u>Periods</u>	<u>Topic Information</u>
1		<u>Stocks & Sauces</u>
	2	a) Essences and glazes
	1	b) Hollandaise sauce
	2	c) Demi-glaze sauce
	3	d) Gravies and au jus
	1	e) Brown chaud-froid sauce
	1	f) White chaud-froid sauce
	1	g) Butter sauces
	4	h) Various compound sauces
	2	
2		a) Chicken consommés
1		b) Classical consommé garnishes
2		c) Bisques
2		d) Chowders
3		e) Potages (unstrained)
1		f) International soups
1		g) Cold soups
2		h) Pasta and bread garnishes
1		i) Miscellaneous garnishes
3		<u>Main Dishes & Entrees</u>
	4	a) Braising light meats
	2	b) Dumplings & other accompaniments
	5	c) Garnishing entrees
	4	d) Chafing dish & casserole cookery
	3	e) Left-over entrees (meat & poultry)
	2	f) Spiced entrees
	1	g) Entree puddings
	3	h) Use of wine in cooking
	3	i) Use of herbs & spices
1	j) Entree souffles	
4		<u>Roasts & Bakes</u>
	2	a) Roasting beef
	2	b) Roasting poultry
	1	c) Baking hams
	3	d) Dressings & stuffings
	1	e) Garnishing roasts
5		<u>Egg Cookery</u>
	1	a) Poaching
		b) Boiling
	1	c) Shirring
		d) Scrambling
	1	e) Pan-frying
2	f) Omelettes	
6		<u>Broiled Foods</u>
	3	a) Broiling beef - steaks
	1	b) Broiling lamb
	1	c) Broiling veal
	1	d) Broiling liver
	2	e) Barbecuing
1	f) Gratinating & glazing	

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<u>Topic No.</u>	<u>Periods</u>	<u>Topic Information</u>
7	3 1 1 1 2 1 1 1	<u>Sauteing and Pan Frying</u> a) Beef b) Veal c) Lamb d) Pork e) Chicken f) Turkey breast & supremes g) Variety meats h) Garnishes
8	2 2 2 2 1 1	<u>Deep Fat Frying</u> a) Various batters b) Deep frying meats c) Poultry d) Fritters e) Rissoles f) Care of fats and fryers
9	3 1 2 1 2 1 2 1	<u>Potato and Vegetable Cookery</u> a) Sauteing and pan frying b) Deep fat frying c) Combination methods d) Cooking green vegetables e) Stuffed vegetables f) Vegetable casseroles g) Vegetable garnishes h) Miscellaneous vegetables
10	1 1 1	<u>Fish and Sea Food</u> a) Baking fish b) En papillotte c) Cooking shell fish